

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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February 2020

The ADRC Connection

Want to Make a Difference in Your Community?

The ADRC Advisory Board may be just what you are looking for. This Advisory Board is unique in that it includes citizens who may utilize ADRC services. The responsibilities of the Board include:

- ✧ Provide strategic direction to the ADRC to ensure fidelity to the ADRC mission.
- ✧ Advocate for older adults and adults with physical or intellectual/developmental disabilities in the ADRC's service area.
- ✧ Promote the ADRC and the services it provides to the community at large.
- ✧ Performs the duties of the Commission on Aging, and provides oversight and represents the interest of the public.

Specific to Waukesha County, the ADRC Advisory Board assists with input gathering, development, and approval of the three year aging unit plan. Each spring the Board gathers information on unmet community needs to present to the Health and Human Services Board. The ADRC Advisory Board approves the budget for the Older Americans Act funds, the State of Wisconsin Department of Transportation Application and other reports for submission to funders. Each meeting includes an educational session from an agency or an important topic in our community.

The ADRC Advisory Board consists of older adults, adults with a physical disability and adults with an intellectual/developmental disability, or their family members, guardians, or advocates. Individuals are appointed by the County Executive and approved by the County Board of Supervisors and can serve a maximum of two—three year terms.

The ADRC Advisory Board meets on the first Thursday of each month from 9:30 AM – 11:00 AM at the Health and Human Services Center.



If you are interested in making a difference in your life and the lives of others, please consider applying for a position on this important Board. Please contact the ADRC at 262-548-7848 for more information.



HEART-Y CHILI

It's American Heart Month!

That means it's the perfect time to focus on your heart health. Making healthy food choices is one way to do this.

Heart-Healthy tips:

- Vary your veggies
- Choose lean proteins
- Eat fiber-rich foods



Try this Heart-y Chili recipe:

This recipe has lean protein (ground turkey and beans), varied vegetables (tomatoes, green pepper, onion, celery, and corn), and is packed with fiber! Fiber is especially good for the heart since it may help reduce blood cholesterol levels.



HEART-Y CHILI

Makes: 8 1-cup servings

Ingredients:

- 1 lb. lean ground turkey
- ½ cup green pepper (chopped)
- ½ onion (large, chopped)
- ½ cup celery (chopped)
- 1 can kidney beans (drained, rinsed)
- 1 can corn
- 1 can tomato sauce (8 oz)
- 1 can diced tomatoes (15 oz)
- 1 dash black pepper
- ½ teaspoon garlic powder
- 2 teaspoons chili powder

Directions:

1. Place ground turkey in a skillet. Brown meat over medium-high heat, stirring occasionally to break it into pieces.
2. Add green pepper, onion, and celery. Cook until softened.
3. Add beans, corn, tomato sauce, diced tomatoes, pepper, garlic and chili powder.
4. Cook mixture over low heat for 20 minutes.
5. Serve hot in bowls, as a dip with baked tortilla chips, or on a whole grain bun.
6. Cover and refrigerate leftovers within 2 hours.

Nutrition: Calories: 238, Total Fat: 3g, Saturated Fat: 3g, Sodium: 413mg, Total Carbohydrate 20g, Dietary Fiber: 5g, Sugar: 7g, Protein: 21g

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/ FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.

BadgerCare Plus Changes Start February 1, 2020

By the GWAAR Legal Services Team

The Wisconsin Department of Health Services (DHS) recently announced changes to BadgerCare Plus. These changes will affect adults ages 19-64 who are not pregnant and who do not have dependent children living with them. On November 1, 2019, DHS mailed information about these changes to current members who are childless adults. Members will receive a separate letter that provides more detail about the changes at their renewal.

These changes include:

- **Emergency room copay.** Members will be charged a copay of \$8 if they visit the ER for care in a situation that is not an emergency. The \$8 copay will not apply if the provider determines the visit to be an emergency. The provider's decision will be based on the patient's symptoms, rather than the final diagnosis. Please note that federal law requires hospital emergency rooms to screen every patient who seeks emergency care and to stabilize or transfer those with medical emergencies, regardless of health insurance status or ability to pay. BadgerCare Plus members who are tribal members, the child or grandchild of a tribal member, or who qualify for Indian Health Services do not have to pay emergency room copays. BadgerCare Plus members will not be charged these copays for visits between January 1 - June 30, 2020.
- **Monthly premiums.** BadgerCare Plus members who are childless adults and who have incomes over 50% of the Federal Poverty Level will be charged up to \$8 each month for their entire household. In 2019, 50% of the Federal Poverty Level was \$520 per month for a household of one or \$705 per month for a household of two. These numbers will likely change for 2020. Members who do not pay all owed premiums by the end of their certification period will lose eligibility for six months. BadgerCare Plus members who are tribal members, the child or grandchild of a tribal member, or who qualify for Indian Health Services do not have to pay monthly premiums. In addition, members who are homeless, were homeless at any point in the last 12 months, have been residing in a medical institution for at least 30 days, or who have a disability will not have to pay monthly premiums.
- **Optional health survey.** Members will be given the option to complete a health survey. If members are required to pay monthly premiums, they can reduce their monthly premium by reporting healthy behaviors like wearing a seatbelt, exercising, and not smoking. Premiums may be reduced to as low as \$4 per month based on members' answers to this survey.
- **Treatment needs question.** To be eligible for BadgerCare Plus, members must answer a question about their drug use during the last 12 months and, if applicable, their willingness to enter treatment. Their answer will not affect their health care benefits in any way. If an applicant or member does not answer this question, the applicant or member will not be eligible for BadgerCare Plus as a childless adult. Please note that there is no drug test requirement for BadgerCare Plus.
- **Coverage of residential substance use disorder (SUD) treatment.** Federal law used to restrict coverage of SUD treatment in residential facilities for BadgerCare Plus members. However, as of February 1, 2020, SUD treatment in residential facilities will be available to all BadgerCare Plus members and other individuals who receive full-benefit Medicaid. This is the only change being made to BadgerCare Plus health care benefits at this time.

These changes will go into effect for new applicants on February 1, 2020. These changes will affect current BadgerCare Plus members who are childless adults at their next renewal after February 1, 2020. Both new applicants and current members will be required to pay a copay for any non-emergency visits to the emergency room after February 1, 2020.

As with all benefits, members should notify their income maintenance agency about any changes in income or family size to determine if their eligibility will change or whether they will be required to pay a premium.

If you have any questions about whether these changes affect you, please contact the Moraine Lakes Call Center at (888) 446-1239.

Memory Screening

A Closer Look at Memory Changes

A **memory screen** is a wellness tool that helps identify possible changes in memory and cognition.

It's **free** and takes only 15 minutes!



Early detection is important.

Treatment is possible. Stay in control of your life.

- Get immediate results.
- Receive information about dementia and Alzheimer's disease.
- Talk with a Dementia Care Specialist about available resources.
- Learn about brain health and ways to stimulate your brain.

Community Memory Screenings

Where: Pewaukee Public Library

When: Tuesday, March 24, 2020

Time: 10:00am - 2:00pm (30 minute time slots)

Call Jennifer Harders, Dementia Care Specialist,
at the ADRC to schedule your memory screen.
262-548-7848



514 Riverview Avenue

Waukesha, WI 53188

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Education Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at

<https://www.waukeshacounty.gov/ADRCWorkshops/>.

Boost Your Brain & Memory - This class is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the 8 weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention.

Wednesdays, March 25 - May 13, 2020 | 9:30am – 11:00am

Location: **Aurora Summit Medical Center - Gifford Room**

36500 Aurora Drive | Summit, WI 53066

Contact: Trish Golden @ Aurora Summit: (262) 434-1248 or online www.aurora.org/events

Powerful Tools for Caregivers - Designed specifically for family caregivers (not professionals) who care for elderly or special needs persons, this 6 week focused workshop empowers caregivers to improve self-care. Caregivers will learn how to reduce stress, improve communication, set action plans, and solve problems. It offers solid information on hiring in-home help, dealing with financial concerns, overcoming depression, making driving decisions, and working with memory impairment. After completing this course, many participants report they were able to overcome the challenges that arise with caregiving. Respite care through the ADRC is possible upon request.

Mondays, March 30 - May 11, 2020 | 1:30pm – 3:00pm (no class April 13)

Location: **Learning in Retirement (WCTC Waukesha Campus)**

327 East Broadway | Waukesha, WI 53186

Contact: Learning in Retirement Office: (262) 695-3473 or online www.wctc.edu/lir

Stepping On - This seven-week program is perfect for adults who have fallen in the past year or for those who may have a fear of falling. This highly interactive workshop teaches simple exercises to improve strength and balance. Participants are empowered to take an active role in fall prevention. Local guest experts help the group adapt fall prevention practices for individual needs and levels. Weekly topics explore how vision, medications, sleep, home hazards, and footwear can increase the risk falling. Stepping On is for people who are age 60 or older, do not have dementia, and who live independently.

Thursdays, April 2 - May 14, 2020 | 1:30pm – 3:30pm

Location: **Aurora Summit Medical Center - Gifford Room**

36500 Aurora Drive | Summit, WI 53066

Contact: Call (262) 434-2600

Waukesha County Public Libraries offer a wide variety of programs, presentations and activities for seniors. Most are free and open to all. Visit the library system at www.bridgeslibrarysystem.org for more information or call this number: 262-896-8085. Here are some of the available programs in February.

<p>Butler Public Library (262) 783-2535 12808 W Hampton Avenue Butler, WI 53007 Demystifying Hospice Care Wednesday, February 5 at 11:00 am www.butler.lib.wi.us</p>	<p>Elm Grove Public Library (262) 782-6700 13600 Juneau Blvd. Elm Grove, WI 53122 Mettle & Honor—Wisconsin Stories from the Battlefield Tuesday, February 11 at 7:00 pm http://elmgrovelibrary.org</p>	<p>Menomonee Falls Public Library (262) 532-8900 W156 N8436 Pilgrim Rd. Menomonee Falls, WI 53051 Epidemics and Tragedies—Did an epidemic or disease affect your ancestry? Friday, February 28 at 10:00 am http://menomoneefallslibrary.org</p>
<p>Muskego Public Library (262) 971-2100 S73 W16663 Janesville Rd. Muskego, WI 53150 Slow Cooker / Freezer Meals—How to get the most out of your crockpot Wednesday, February 5 at 7:00 pm www.cityofmuskego.org/library</p>		<p>Pauline Haass Public Library (262) 246-5180 N64 W23820 Main St Sussex, WI 53089 A Pabst Mansion View—lecturer Dave Fehlauer takes you on a virtual tour Thursday, February 13 at 1:00 pm www.phplonline.org</p>

February & March 2020 Medicare Presentations:

Wednesday, February 12 at Hartland Public Library - 11:00 am

Monday, February 24 at Butler Public Library - 1:00 pm

Wednesday, February 26 at the Mukwonago Public Library - 1:00 pm

Wednesday, March 4 at the Brookfield Public Library - 1:00 pm

Thursday, March 12 at the Elm Grove Public Library - 10:30 am

Wednesday, March 18 at the Menomonee Falls Public Library - 10:30 am



Alzheimer's Association's 2020 Wisconsin State Advocacy Day

Tuesday, February 11, 2020

8:30 AM - 4:30 PM

Best Western Premier Park Hotel

Prepare to make an impact! Join advocates from across Wisconsin to meet face-to-face with your State Legislators at the State Capitol in Madison. You will have the opportunity to learn about the Alzheimer's Association's 2020 legislative priorities, hear from key policy makers about their efforts to address the impacts of Alzheimer's, and meet fellow advocates from across Wisconsin. Following an informative training session, you will have the opportunity to meet with legislators to share your personal stories and ask for their support of Alzheimer's Association priorities. Registration required.

To register, contact Michael Bruhn at 608.318.4057 or mlbruhn@alz.org

**TOGETHER, WE CAN END
ALZHEIMER'S DISEASE**

alzheimer's  association®

Free Tax Assistance

The due date for your 2019 tax return this year is Wednesday, April 15, 2020.

AARP offers tax assistance (including Homestead Tax Credit) by **appointment only** (provided by trained AARP volunteers) at the following locations in Waukesha County:

- **Brookfield Library**, Tuesdays 9:00am-3:00pm. Call **262-782-4140** (option #1)
- **Menomonee Falls Library**, Fridays 9:30am-3:00pm. Call **262-255-8460**
- **Mukwonago Library**, Mondays 9:00am-2:00pm. Call **262-363-6411**
- **Muskego Library**, Tuesdays 9:00am-1:00pm. Call **262-971-2100**
- **New Berlin Library**, Wednesdays 9:15am-2:00pm. Call **262-785-4981**
- **Oconomowoc Area Senior Center**, Tuesdays 9:00am-3:00pm and some Fridays available. Call **262-567-3483**
- **Sussex Civic Center**, Mondays 9:30am-3:00pm. Call **262-246-5180**
- **Waukesha Public Library**, Thursdays 9am-2:15pm. Call **262-524-3682**



To search for other AARP Tax-Aides outside Waukesha County, go to:

https://www.aarp.org/money/taxes/aarp_taxaide/



The Volunteer Income Tax Assistance (VITA) program offers free federal and state income tax return preparation and filing for low to moderate income people of all ages. IRS-certified volunteers provide assistance. La Casa's VITA program also provides bilingual, culturally competent tax services for the Hispanic/Latino

community. The VITA program is made possible through the support of the Greater Milwaukee Foundation and the Internal Revenue Service.

Call **262-832-1534** to schedule an appointment.

La Casa de Esperanza,
202 E Broadway Ave, Waukesha



LA CASA DE ESPERANZA
HOPE • HELP • OPPORTUNITY

Be sure to bring with you:

- **Must have photo I.D.**
- Social Security card
- Last year's tax return
- Last year's PIN (if applicable)
- All 1099 forms
- W-2 forms from any employers
- Social Security end-of-year statement
- Original rent certificate
- Copy of property tax bill and paid receipt
- Deductions/credits/adjustments

If you would like direct deposit, bring a check with your account number and routing number.

Tax forms can be obtained at the library or your local post office. Contact these locations ahead to confirm availability.

For full list of tax information to bring to your appointment, go to:

<https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Garden Veg Omelet w/Cheese Sauce 2 Sausage Links Hash Brown Ketchup Cantaloupe Mini Danish Alt. Fruit Cocktail	Creamy Mushroom Chicken Breast Herb Bread Stuffing Green Bean Casserole Romaine Salad with Dressing Fruited Gelatin Alt: Fresh Fruit	Cheeseburger on bun Ketchup / Mustard pkts Calico Beans Potato Salad Pear Half Strawberry Ice Cream Alt. Sugar Free Ice Cream	Philly Chicken Sandwich Onions/peppers/ provolone Wheat Kaiser Roll Baby Bakers w/ butter Country Style Vegetables Fruited Yogurt	Vegetarian Lasagna Dill Carrot Coins Italian Bread w/butter Fruit Cocktail Fruit Crisp Alt. Yogurt
10	11	12	13	14
Mama Leone's Italian Casserole Tossed Salad w/ Italian Dressing Breadstick w/ Butter Fresh Peach Alt. Sugar Free Pudding	BBQ Boneless Country Style Pork Potato Pancakes with Ketchup and applesauce Southern Style Corn Potato roll w/butter Tropical Fruit Salad	Valentine's Day Celebration Roast Beef w/ Gravy Baked Potato Butter & Sour Cream Broccoli Salad Dinner Roll w/ butter Fruit Salad Red Velvet Cake	Winter Lentil Stew with Sausage w/crackers Green Beans Spinach Salad w/ Italian Dressing Apricots Dinner roll w/ butter	Barbecue Meatballs American Fried Potatoes / Ketchup packet Stewed Tomatoes Bread/Butter Sliced apples
17	18	19	20	21
Hungarian Goulash Buttered Noodles Sliced Beets Buttered Sweet Corn Rye Bread w/ butter Grape Juice Ice Cream Cup Alt. Sugar Free Ice Cream	Swiss Steak w/ Onions and Tomatoes Mashed Potatoes Gravy Peas and Carrots Sourdough Bread butter Kitchen's Choice Fruit Iced Brownie Alt. Banana	Italian Sausage w/Marinara Sauce and onions and peppers Sausage Bun Italian Vegetable Blend Veggie Pasta Salad Peaches	Beef Macaroni Casserole Green Beans Romaine Salad Ranch Wheat Bread w/ Butter Fruit Cocktail Chocolate Chip Cookie Alt. Fruit Cup	Peachy Pork Roast Cheesy Diced Potato Casserole Maui Vegetable Blend Potato Dinner Roll w/ butter Fruited Yogurt
24	25	26	27	28
Yankee Pot Roast w/Celery & Onion Parsley Potatoes 5-way Mixed Veg Sourdough Bread w/ butter Cherry Crisp Alt. Yogurt	FAT TUESDAY Chicken Gumbo Red Beans/Rice Seasoned Green Beans Cornbread/Butter Fresh Fruit Paczki	Vegetarian 3-Bean Chili Cheese and Onions Saltine Crackers Mixed Green Salad w/ Italian dressing Rye Dinner Roll w/ butter Fresh Banana	Crab Pasta Salad Croissant w/ butter Tomato Juice Peach Half Frosted Yellow Cake Alt. Fruit	HAPPY LEAP YEAR! Chicken Quarter 4-Cheese Mac 'n Chz 4 Bean Salad Sweet Green Peas 7-Grain Bread w/butter Fresh Apple Frosted Cupcake Alt: Sugar Free Cookie



**PLEASE NOTE: MENU MAY BE SUBJECT
TO CHANGE; 1% MILK INCLUDED
ALT= LOW SUGAR ALTERNATIVE
Menu subject to change without notice**



WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 - Virginia Brookfield Community Center 2000 North Calhoun Road Monday through Friday at 12:00	Butler 783-5506 - Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday through Friday at 11:45	Hartland 367-5689 - Dave Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday through Friday at 12:00	Mukwonago 363-4458 - Jenny Birchrock Apartments 280 Birchrock Way Monday through Thursday at 12:00	Muskego 414-422-0420 - Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 - Shawn National Regency Retirement Community 13750 West National Avenue Monday through Friday at 12:00	Oconomowoc 567-5177 - Margaret Oconomowoc Community Center 220 West Wisconsin Avenue Monday through Friday at 12:00	Sussex 246-6747 - Josh Sussex Civic Campus N64 W23760 Main Street Monday through Friday at 12:00
Waukesha 547-8282 - Lucille La Casa Village 1431 Big Bend Road Monday through Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 a.m. - 12:00 p.m., one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way. Some meals sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.	

Senior Dining: A Great Way to Avoid the Winter Blues

February is a short month but it may seem long for people who suffer the “winter blues.” According to the Collins English Dictionary, winter blues is a feeling of depression or deep unhappiness associated with experiencing the cold and darkness of winter. “Winter blues is a general term, not a medical diagnosis. It’s fairly common, and it’s more mild than serious. It usually clears up on its own in a fairly short amount of time,” says Dr. Matthew Rudorfer, a mental health expert at National Institute on Health.

To fight the winter blues consider attending a senior dining center near you. With 10 senior dining centers throughout Waukesha County, you are apt to have one near you. Not only can you look forward to a well-balanced, low cost, noon meal designed by a registered dietician, but it’s also a great way to develop new friendships! Eating a meal with others helps foster an environment of friendship and community, creating a positive effect on health and happiness.

In addition to a hot, nutritious lunch, these senior dining centers also provide nutrition education, health information and screening, outreach, and support to older adults and their families. Many of the centers have additional opportunities for you to get involved such as recreational programming or volunteering. Involvement in these type of activities can also give you momentum and focus that can make it easier to weather a long winter day.

Transportation to the dining centers may be available through the ADRC Shared-Fare Taxi and RideLine programs for \$1.00 each way. This fare subsidy must be authorized in advance. Call the ADRC at (262) 548-7848 for more information.

If you are wondering how to fight the winter blues, consider attending a senior dining center near you. A complete listing can be found above.

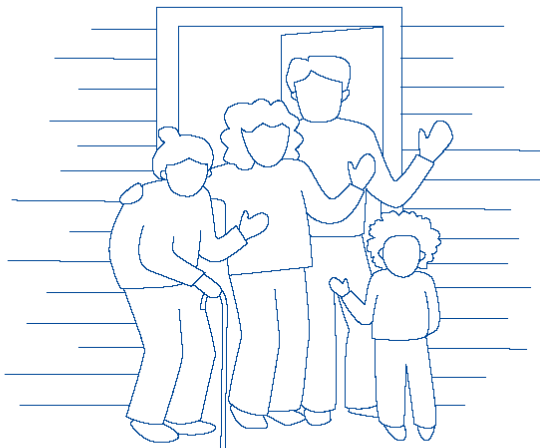


CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!
Here's a quick refresher of what it is and why it's essential that everyone is counted.

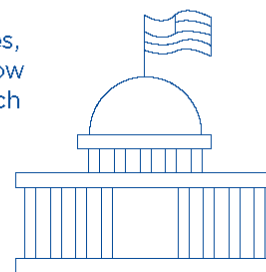
Everyone counts.

The census counts every person living in the United States once, only once, and in the right place.



It's about fair representation.

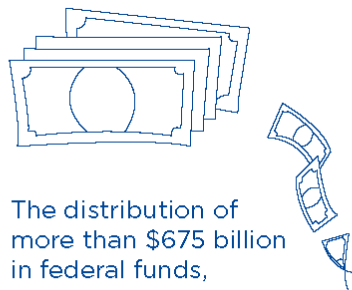
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



It's in the Constitution.

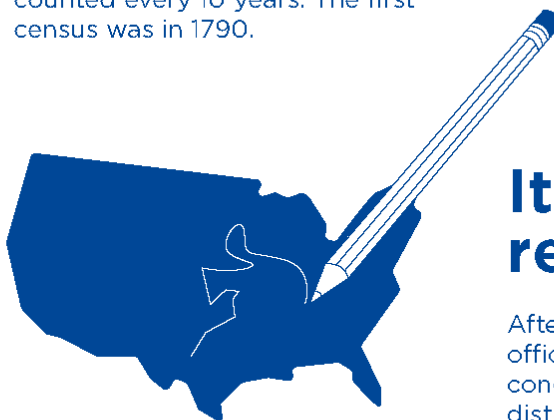
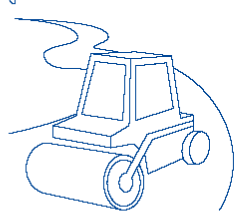
The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

It's about \$675 billion.



The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, and communities are based on census data.

That money is spent on schools, hospitals, roads, public works, and other vital programs.

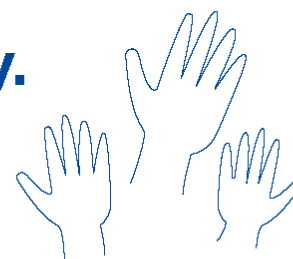


It's about redistricting.

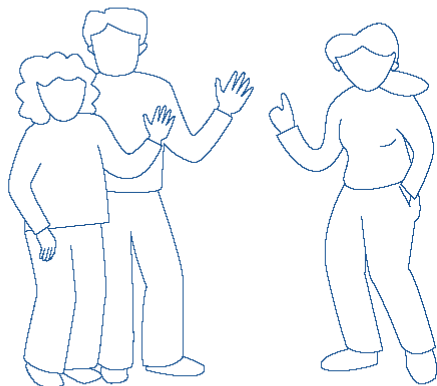
After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

Taking part is your civic duty.

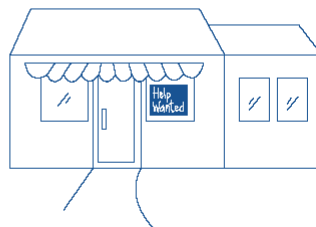
Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"



Census data are being used all around you.

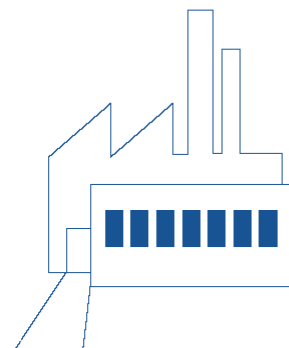
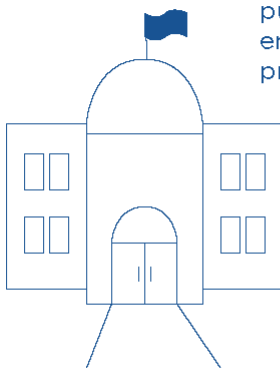


Residents use the census to support community initiatives involving legislation, quality-of-life, and consumer advocacy.



Businesses use census data to decide where to build factories, offices, and stores, which create jobs.

Local governments use the census for public safety and emergency preparedness.



Real estate developers use the census to build new homes and revitalize old neighborhoods.



Your privacy is protected.

It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.



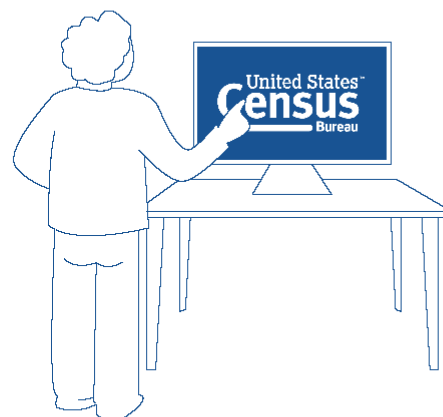
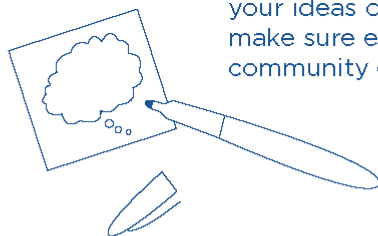
2020 will be easier than ever.

In 2020, you will be able to respond to the census online.



You can help.

You are the expert—we need your ideas on the best way to make sure everyone in your community gets counted.



Caregivers Have Rights Too!

(Jane Mahoney - Greater Wisconsin Agency on Aging Resources)

It happens gradually. She needs a little help balancing the checkbook, and there are bills on the counter not getting paid. The layer of ice on roads and sidewalks leaves you nervous about a fall so you stop for her groceries and accompany her to appointments. You notice that her floors are dirty and there is a laundry basket of clothes waiting to be washed. You do more and more for her and soon find yourself making daily phone calls or visits to help. You have become a caregiver. Your mother could not live at home alone without your help.

The next things you notice involve your own life – when is the last time I had lunch with my friends? When did I start eating fast food so often? I used to love going for walks, but how long has it been? And why do I feel so grumpy, angry, and frustrated? The answers are enmeshed with your new “job” that you didn’t realize you had.

Caregiving is like another job. You choose to do it and truly want to do it, but when you put your own life and needs on the backburner, you can run into trouble. Caregiving can consume your time, thoughts, and energy and it can chip away at your physical and emotional health. Don’t dismay, you can be a healthy caregiver! You have rights as a caregiver, and following these rights will keep you healthy and help you give better care to your loved one too.

If you are a caregiver, please know that **you have the right to:**

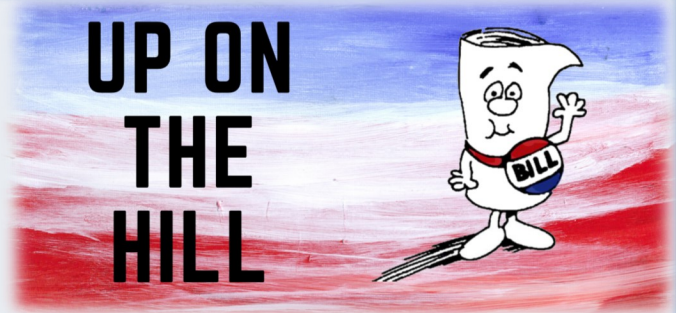
- ♦ Take care of yourself without any feelings of guilt. By maintaining your own health, you will be happier, healthier, and a better caregiver for your loved one!
- ♦ Continue having a life of your own – one that does not include your role as a caregiver. Make it a priority to keep doing the things you love, knowing that you are also doing all you can for your loved one.
- ♦ Feel and express the strong emotions that caregiving produces. It is normal to feel anger, fear, loss, and depression. Acknowledge these feelings and find someone to talk to about them.
- ♦ Refuse feelings of guilt that may be put upon you by your loved one or others. Do not allow yourself to be manipulated by guilt or other negative feelings.
- ♦ Accept the positive feelings - appreciation, love, forgiveness, gratitude - bestowed on you by your loved one and others who see your difficult task. Caregiving is hard work and you should feel happy and proud to be a caregiver.
- ♦ Seek help from others, whether from friends and relatives or paid help. No one can do it all. Accept help in order to maintain your own life and individuality. You will need this life to return to when your days of being a caregiver ends.



If you need help finding resources for home care services, support groups, or other caregiving issues, please call the ADRC at (262) 548-7848.

The Immense Power of the Older Voter

In an election year in which a new issue seems to capture the attention of the American electorate every day, one fact remains constant: If candidates want to win, they'd better pay attention to older voters.



For nearly 40 years, the turnout of voters over age 45 has significantly outpaced that of younger Americans. In the 2016 presidential election, for example, 71 percent of Americans over 65 voted, compared with 46 percent among 18- to 29-year-olds, according to U.S. Census Bureau data. While analysts point to increased energy among younger voters over the past couple of elections, people over 65 continue to show up at the polls far more than any other age group. At the same time, the number of voters who fall into the category of "older" keeps rising.

"They are the stability of the American electorate," says Ed Goeas, a veteran Republican pollster who produces the George Washington University (GWU) Battleground poll with Democratic consultant Celinda Lake. "They are the only group that I believe looks out not only for their own well-being but the well-being of their children and grandchildren."

Beyond Senior Issues

Goeas says older people are more likely to view voting as a responsibility and to care about a broad range of issues, not just those commonly associated with aging. They are more connected to their communities, which also makes them more likely to vote. Lake agrees and adds that the agenda for senior voters has been expanding. For example, older voters have started to pay more attention to student debt as they try to help grandchildren who have record amounts of student loans. Lake believes concerns over whether Medicare will be restructured or Social Security will be cut will still be on older voters' minds this election.

"In today's world, it's really hard to be clear about where the candidates stand on the issues," Lake says. "It's so chaotic. There's so much news, so much fake news, that activism is really important. One-third of senior women say they rely on friends and family for political information."

Why Each Vote Matters

If some key elections in the past couple of years and the crowded field of candidates in many of the primary elections are any indication, experts say we could be in for a year of unusually high voter turnout. "We're in a volatile political environment where we're seeing congressional districts not competitive for years look vulnerable," says Nathan Gonzales, editor and publisher of Inside Elections, a newsletter that provides nonpartisan political analysis.

Analysts say we could see many close races. "When races are close, every vote and every voter matter," Gonzales says. "You're not going to know whether the race will come down to a handful of votes until it's too late to cast your vote. The best policy is just to vote."

The next elections in Waukesha County will be held on Tuesday, February 18, for state and local primary elections. The presidential primary takes place on Tuesday, April 7.

Visit <https://www.waukeshacounty.gov/ElectionInformation/> for more information.



HEART HEALTH



Learn about ways to protect your heart health by knowing your numbers and identifying your personal risk.

Feb. 6 | Stoney Creek Adult Community | 10-11am

S69W14142 Tess Corners Dr., Muskego, WI

To Register Call: (414) 422-4686

Feb. 12 | Menomonee Falls Senior Center | 10-11am

W152N8645 Margaret Rd., Men. Falls, WI

To Register Call: (262) 255-8460

Feb. 19 | Brookfield Library | 10-11am

1900 N Calhoun Rd., Brookfield, WI

To Register Call: (262) 782-4140

Complimentary coffee, tea, and treats.

Reservations highly suggested.

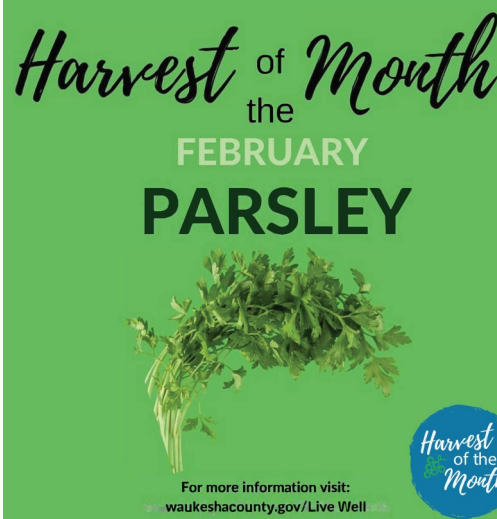
HARVEST OF THE MONTH

The “Harvest of the Month” program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For February, the highlighted produce item is parsley! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly

e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



Stay Active This Winter!

Just because the winter chill is starting to set in doesn't mean you can't stay active in the community. Below are just a few of the free community activities offered in Waukesha County to keep you moving!

UPCOMING EVENTS

Ice Skating | All Winter - New Berlin City Center Plaza

Open Walking | Monday-Friday: 7:45-8:30am - Schuetz Recreation Center Gym

Shake, Rattle & Roll | Every Tuesday: 9:30am - Mukwonago Community Library

From the Desk of Your Benefit Specialist

How Your Income Might Be Affecting Your Medicare Premiums

If you are on Medicare and you have higher income, you may have to pay a higher monthly premium for your Part B and prescription drug coverage. These higher premiums are called “Income-Related Monthly Adjusted Amount” (IRMAA). Fewer than 5 percent of people with Medicare will pay IRMAA, so most people are not affected.

Whether you have to pay an IRMAA depends on your tax filing status and yearly income from two years ago. That means that in 2020, your IRMAA will be based on your 2018 tax return, as shown in the table below.

If your yearly income in 2018 (for what you pay in 2020) was:			You pay each month (in 2020) for Part B	You pay each month (in 2020) for Part D
File individual tax return	File joint tax return	File married & separate tax return		
\$87,000 or less	\$174,000 or less	\$87,000 or less	\$144.60	Your plan premium
above \$87,000 up to \$109,000	above \$174,000 up to \$218,000	Not applicable	\$202.40	\$12.20 + your plan premium
above \$109,000 up to \$136,000	above \$218,000 up to \$272,000	Not applicable	\$289.20	\$31.50 + your plan premium
above \$136,000 up to \$163,000	above \$272,000 up to \$326,000	Not applicable	\$376.00	\$50.70 + your plan premium
above \$163,000 and less than \$500,000	above \$326,000 and less than \$750,000	above \$87,000 and less than \$413,000	\$462.70	\$70.00 + your plan premium
\$500,000 or above	\$750,000 and above	\$413,000 and above	\$491.60	\$76.40 + your plan premium

If you believe that your IRMAA is wrong, the Social Security Administration (SSA) may recalculate it. However, this will usually happen only if you have had a life-changing event. SSA considers these situations to be life-changing events:

- Death of a spouse
- Marriage
- Divorce or annulment
- You or your spouse stopping work or reducing the number of hours you work
- Involuntary loss of income-producing property due to a natural disaster, disease, fraud, or other circumstances
- Loss of pension
- Receipt of settlement payment from a current or former employer due to the employer’s closure or bankruptcy

You may also ask SSA to recalculate your IRMAA if you filed an amended tax return, if the IRS provided incorrect income information to SSA, or if there is a more recent tax return available. If you have an IRMAA in 2020 and you experienced one of these life-changing events, contact an Elder Benefit Specialist. You will need to show proof that a life-changing event occurred. For example, if you recently got married, you should be prepared to show your marriage certificate. If SSA finds that your IRMAA was incorrect, you will be refunded for any higher premiums that were already paid (the difference between the IRMAA premium and the standard premium amount).

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at: <http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Turning 65?
Need Medicare?**

Wear Red and Give

National Wear Red Day - Friday, February 7, 2020

February is designated as American Heart Month, and on February 7, 2020, the nation will come together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

National Wear Red Day is about wearing red to raise awareness about cardiovascular disease and to save lives. While nearly 80% of cardiac events can be prevented, cardiovascular diseases continue to be women's greatest health threat, claiming the lives of 1 in 3 women, and killing more women than all forms of cancer combined. Women that we know and love may be affected at any age. Beating heart disease and stroke means more time for women to be change makers, business leaders and innovators, and more time to be moms, sisters, partners, and friends.

You can make a donation to the American Heart Association and contribute to the movement to end heart disease and stroke in women. Your financial support of Go Red For Women® can go a long way to promote healthy living, fund new research, and advocate legislation. You can also spread the word about National Wear Red Day by sharing this information on social media and encouraging others to give. Or you can join or start your own fundraiser.

You can donate by phone: 1-800-AHA-USA1, or go the American Heart Association's website to donate, start a fundraiser, or purchase your own official Go Red For Women® gear at: <https://www.heart.org/>.



American Heart Association.



Wear Red and Give

Cardiovascular disease is
the **No. 1** killer of women.

Watch me **change this.**
Watch me **change history.**
Watch Me **Go Red.**

WEAR RED for awareness.

GIVE for the women you can't
bear to live without.

SHARE #WearRedAndGive on
social media.

Be relentless in support of women's
health on **Friday, February 7th.**



Go Red for Women is nationally sponsored by



[WearRedDay.org](https://www.heart.org/)

February is National Children's Dental Health Month!

Oral health is important for all ages. Kids need proper oral care even when they are babies! Caregivers can clean a baby's gums with a clean, moist gauze pad starting a few days after birth. Caregivers can brush baby teeth with a small amount of fluoride toothpaste as soon as the first tooth appears. Flossing can start as soon as two teeth start to touch together. Remember to schedule a visit with a dental provider within 6 months of the first tooth. Once kids are ready to brush and floss on their own, it is still important to watch them to make sure they do it correctly. Tooth decay is common and

preventable and it can start as soon as the first tooth starts to show. Untreated cavities can cause pain, school absences, and difficulty concentrating. Periodontal disease is another common problem, which can lead to bad breath, swollen and tender gums, and sensitive teeth. **Remember that good oral health is not just for kids! This is an important part of everyone's daily routine. Here are 4 easy steps to good oral health!**

Step 1: Brush your teeth at least twice per day

Step 2: Floss daily

Step 3: Eat a healthy diet

Step 4: Schedule regular dental check ups

These are 4 steps that we can all do to keep ourselves healthy and happy!



Dear Ina,

I noticed that the U.S. flag on a nearby building had been flying at half-mast recently, and I was wondering why we sometimes fly the flag half-mast, who makes the decision to fly it at half-mast, and what is the tradition behind it.

Regards,
Dawn Surly-Lite

Dear Dawn:

It is interesting that you used the term “half-mast” when describing the flag because in the United States, the term “half-mast” is commonly used in place of “half-staff;” although technically, flags are only said to be “half-mast” if they are flown on a ship, and they are said to be “half-staff” if flown on land. According to U.S. law and post-WWI military tradition, the term “half-mast” is reserved for usage aboard a ship because those flags are typically flown from masts.

The United States flies the flag at half-staff as a symbol of respect, mourning, distress, or, in some cases, a salute. The tradition of flying the flag at half-staff began in the 17th century; there is some debate over why this custom came to be. According to some sources, the flag was originally lowered to make room for an “invisible flag of death” flying above. And currently, there is some disagreement about where on a flagpole a flag should be when it is at half-staff. It is often recommended that a flag be lowered only as much as the hoist, or width, of the flag. But it is common for the phrase to be taken literally and for a flag to be flown only halfway up a flagpole. When hoisting a flag that is to be displayed at half-staff, it should be raised to the finial of the pole for an instant, then lowered to half-staff. Likewise, when the flag is lowered at the end of the day, it should be hoisted to the finial for an instant, and then lowered.

Only the President and state governors can decide when and how long the American flag should be flown at half-staff. When such an order is issued, all government buildings, offices, public schools, and military bases are to fly their flags at half-staff.

The President can issue an executive order for the flag of the United States to be flown at half-staff upon the death of principal figures of the United States government and others, as a mark of respect to their memory. Under federal law, all other flags (such as flags of states, cities, localities, and pennants of societies) must also fly at half-staff when the U.S. flag has been ordered to fly at half-staff. There is no penalty for failure to comply with the above law, as to enforce such a penalty would violate the First Amendment.

Governors of U.S. states and territories are authorized by federal law to order all U.S. and state flags in their jurisdiction flown at half-staff as a mark of respect for a former or current state official who has died, or for a member of the armed forces who has died in active duty. The governor's authority to issue the order is more restricted than the president's, and a governor cannot decide to issue the order for state residents who do not meet these criteria.

There are customary dates to fly a flag half-staff, including:

President's Day (third Monday in February), Memorial Day (last Monday in May), Flag Day (June 14), National Korean War Veterans Armistice Day (July 27), Patriot Day (September 11), Veterans Day (November 11), and Pearl Harbor Remembrance Day (December 7).

In addition, the flag is to be flown at half-staff in the following circumstances:

- For thirty days after the death of a current or former president.
- For ten days after the death of a current vice president, current or retired chief justice, or current speaker of the House of Representatives.
- From the day of death until interment of an associate justice of the Supreme Court, a secretary of an executive or military department, a former vice president or a former speaker of the House of Representatives, or the governor of a state or territory.
- On the day of death and the day after for a member of Congress.
- Upon presidential proclamation, usually after the death of other notable figures or tragic events.

Private citizens and non-government buildings may choose to fly their flags at half-staff to honor their own local leaders. The United States Flag Code does not exclude any citizens, whether they belong to an organization or not, or whether they are recognized locally or regionally. Examples of deceased citizens who might be honored by lowering the flag to half-staff include local religious leaders, youth leaders, honored teachers or sports coaches, local politicians, or a local hero. No authorization is needed from the government for the private sector (non-government) to use the flag to honor any citizen.

It is important to note that the Flag Code is just that: a code. It is intended to provide guidance and is not obligatory. The Flag Code is only required to be followed on public or government buildings.

From: <https://www.gettysburgflag.com/fly-flag-half-mast>

February EVENTS

February 1 – Groundhog’s Day @ Milwaukee County Zoo, 10:30 am. Join in on the tradition and come see if Gordy the Groundhog sees his shadow or not to predict whether we get an early spring or not! Festivities begin promptly at 10:30 am.

February 1 – Elm Grove Winter Festival @ Elm Grove Village Park, 2-8 pm. The 3rd Annual Winter Fest, hosted by the Elm Grove Recreation Department, will have activities for everyone! Activities include a candy cane hunt, fishing derby, sledding, open skating, a candlelight hike, crafts, and more!

February 7 – Family Sweetheart Dance @ Mukwonago YMCA, 6-8 pm. Bring the whole family and get ready to dance! DJ and light refreshments will be provided. This is an all ages event, YMCA members get in for free, \$5 registration for non-members.

February 13 – My Funny Valentine @ The Waukesha County Civic Theater, 7:30 pm. It’s time to laugh at the lighter side of love! This cabaret features some of the Civic Theater’s favorites who will take a hard and hilarious look at love sure to entertain. Tickets can be purchased on the Civic Theater’s website.

February 14 – Hearts Under Glass at the Domes @ Mitchell Park Horticultural Conservatory (The Domes), 6-9 pm. Stroll the softly lit Domes as a unique way to spend this Valentine’s Day. Take a walk in the moonlit Desert Dome, spend a romantic moment in the Tropics Dome, and enjoy a spectacular light show amid the annual Train Show in the Show Dome. A full bar, small plate dining, and desserts will be available for purchase. Admission is \$10 and proceeds will benefit educational programs and projects at the Domes.

February 15 & 16 – Cedarburg Winter Festival @ Downtown Cedarburg on Washington Avenue, 8 am-9 pm. Come celebrate the Roaring 20’s in the heart of Cedarburg complete with the popular ice carving contest, bed races on ice, camel rides, ice skating, and more! The festival will have a chili contest along with other food and drink items for sale. A parade will take place at 1 pm. Saturday evening, from 7-9 pm, the Cool Brew Speak Easy at the Cedarburg Cultural Center will be hosting a Roaring 20’s party where you can dress in your favorite 20’s party wear, enjoy a signature period cocktail, and swing the night away!

February 22 – Sweets and Treats Fest @ Waukesha County Expo Center, 12-5 pm. Come try out a variety of local bakeries, sweet shops, chocolatiers, and more from some of Wisconsin’s top sweet stops! Tickets are purchased online and are recommended to be bought early as there are only a select number of tickets available. Tickets found here: www.eventbrite.com/e/sweets-and-treats-fest-tickets-68469091897

MATCHING GAME– COUPLES EDITION

February 14 is Valentines Day! To celebrate, we've put together a jumbled list of well known couples. Use a pen or pencil to pair the lonely duos below back together!
One is solved for you already. Happy Valentine's Day!

Famous Celebrity Romances

Paul Newman

Bonnie

John Lennon

Jada Pinkett

Kate Middleton

John F Kennedy

Portia de Rossi

David Bowie

Humphrey Bogart

George Burns

William Arthur Philip Louis

Joanne Woodward

Gracie Allen

Lauren Bacall

Clyde

Ellen DeGeneres

Iman

Jackie Onassis

Will Smith

Yoko Ono

Famous Fictional Romances in TV

Lucy (*I Love Lucy*)

Jeannie (*I Dream of Jeannie*)

Homer (*The Simpsons*)

Mickey (*Mickey Mouse*)

Rachel Green (*Friends*)

George Jefferson (*The Jeffersons*)

Fred (*The Flintstones*)

Wilma

Minnie

Louise Jefferson

Ricky

Captain Tony Nelson

Marge

Ross Geller

Famous Fictional Romances in the Movies

Vivian Ward (*Pretty Woman*)

Jack Dawson (*Titanic*)

Elizabeth Swann (*Pirates of the Caribbean*)

Jerry Maguire (*Jerry Maguire*)

Joe Fox (*You've Got Mail*)

Westley (*The Princess Bride*)

Rhett Butler (*Gone with the Wind*)

Aladdin (*Aladdin*)

Princess Leia (*Star Wars: Episode IV – A New Hope*)

Danny Zuko (*Grease*)

Han Solo

Princess Buttercup

Dorothy Boyd

Rose Bukater

Scarlett O'Hara

Will Turner

Kathleen Kelly

Edward Lewis

Sandy Olsson

Jasmine

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848

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